



## GLAD TO BE SENSITIVE

September 2021

*But blessed are your eyes because they see, and your ears because they hear.*

Matthew 13:16

I've been told I'm too sensitive—that it causes pain I shouldn't have. Pain from feelings of rejection—whether real or perceived. I'm told it's an illness—a bad one.

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But although some of the pain in the past has been unbearable, all in all—when my life is running normally—my sensitivity has not been such a bad thing. Hurt feelings come more often than I'd like, but there are many good things about being a sensitive person too.

I think more good can come out of sensitivity than bad, especially when you stay close to God.

While the word, *sensitivity*, is not specifically used in Scripture, it does speak to us of a closeness of relationship, a willingness to “not miss a word” that God speaks to us. May we all work to build a more intimate relationship with God by being sensitive to who he is for us, what he shows us and by doing his will when he reveals it to us.

Have you ever watched the sky and admired the huge variety of clouds passing by? And have you ever truly studied flowers, examining every little grouping of blossoms? Have you watched how the sun affects how they look? Awareness like this shows you have sensitivity and an appreciation for what God gives us.

Yesterday I started a writing project. The idea came during my quiet time, in a way that could only be from God. Almost immediately my mind and heart filled with ideas and words. I felt the excitement. It's great when God reveals something for me to work on.

We who are overly sensitive often feel things more deeply—sometimes more painfully—than most. But is that always bad? When God asks us to do something we love to do, the enthusiasm we feel is a blessing. With God, the good will overcome the bad.

I hope you too will find excitement, joy, and colour inside you—riches that come from God, riches that you can now give back to him for his work in the world.

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